

ABSTRACT OF THE INVENTION

[0079] Bone anchors, methods for deploying anchors, and systems for attaching ligaments and tendons to bone are disclosed. The bone anchors of the present invention are operative to remain firmly positioned within a target site of bone and provide means for selectively adjusting the degree of tension to one or more sutures secured thereto. The bone anchors are further operative to be utilized to connect tendons and ligaments directly to bone, as well as may be selectively utilized to adjustably position an implant or other anatomical structure held thereby. There is further disclosed methods for deploying a bone anchor utilizing a blind procedure that is expeditious, accurate and substantially less traumatic than prior art bone deployment techniques.